

Cohort # 1 meals

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|-------------------------------|--|--|--|--|
| Day 1 | | | | |
| | | | | |
| Meal/Food | | | | |
| Breakfast | | | | |
| Shake (A/B) drink before meal | | | | |
| Bagel | | | | |
| Cream cheese, regular | | | | |
| Jelly, regular | | | | |
| Turkey sausage | | | | |
| Banana | | | | |
| Beverage: | | | | |
| | | | | |
| | | | | |
| Lunch | | | | |
| Shake (A/B) drink before meal | | | | |
| White bread | | | | |
| Deli turkey | | | | |
| Kraft singles cheese | | | | |
| Mayonnaise, regular | | | | |
| Mustard | | | | |
| Pretzels | | | | |
| Orange | | | | |
| Beverage: | | | | |
| | | | | |
| | | | | |
| Dinner | | | | |
| Shake (A/B) drink before meal | | | | |
| Chicken breast | | | | |
| White rice | | | | |
| Broccoli | | | | |
| White roll | | | | |
| Beverage: | | | | |
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|-------------------------------|--|--|--|--|
| Day 2 | | | | |
| | | | | |
| Meal/Food | | | | |
| Breakfast | | | | |
| Shake (A/B) drink before meal | | | | |
| Boiled eggs | | | | |
| English muffin | | | | |
| Butter | | | | |
| Jelly, regular | | | | |
| Turkey bacon | | | | |
| Grapes | | | | |
| Beverage: | | | | |
| | | | | |
| | | | | |
| Lunch | | | | |
| Shake (A/B) drink before meal | | | | |
| Hamburger patty | | | | |
| Hamburger bun | | | | |
| Kraft 2% singles cheese | | | | |
| Ketchup | | | | |
| Mustard | | | | |
| Kraft light mayonnaise | | | | |
| Baked Lays chips | | | | |
| Quaker chewy granola bar | | | | |
| Canned peaches, heavy syrup | | | | |
| Beverage: | | | | |
| | | | | |
| | | | | |
| Dinner | | | | |
| Shake (A/B) drink before meal | | | | |
| Tilapia | | | | |
| English peas, canned | | | | |
| Carrots, canned | | | | |
| White roll | | | | |
| Butter | | | | |
| Jello, regular | | | | |
| Beverage: | | | | |
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Cohort # 1 meals

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|-------------------------------|--|--|--|--|
| Day 3 | | | | |
| | | | | |
| Meal/Food | | | | |
| Breakfast | | | | |
| Shake (A/B) drink before meal | | | | |
| Pancakes | | | | |
| Pancake syrup | | | | |
| Promise margarine | | | | |
| Meatless sausage links | | | | |
| Strawberries, frozen | | | | |
| Beverage: | | | | |
| | | | | |
| | | | | |
| Lunch | | | | |
| Shake (A/B) drink before meal | | | | |
| Hoagie roll | | | | |
| Chicken salad | | | | |
| Sunchips | | | | |
| Mandarin oranges, in juice | | | | |
| Rice Krispie treat | | | | |
| Beverage: | | | | |
| | | | | |
| | | | | |
| Dinner | | | | |
| Shake (A/B) drink before meal | | | | |
| Pork tenderloin | | | | |
| Sweet potato | | | | |
| Butter | | | | |
| Brown sugar | | | | |
| Spinach, canned | | | | |
| Crescent rolls | | | | |
| Beverage: | | | | |
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| Day 4 | | | | |
| | | | | |
| Meal/Food | | | | |
| Breakfast | | | | |
| Shake (A/B) drink before meal | | | | |
| Boiled eggs | | | | |
| Grits | | | | |
| Bacon | | | | |
| Butter | | | | |
| Canned pears, heavy syrup | | | | |
| Beverage: | | | | |
| | | | | |
| | | | | |
| Lunch | | | | |
| Shake (A/B) drink before meal | | | | |
| White bread | | | | |
| Deli ham | | | | |
| Cheddar cheese slices | | | | |
| Kraft real mayonnaise | | | | |
| Mustard | | | | |
| Vegetable soup | | | | |
| Apple | | | | |
| Beverage: | | | | |
| | | | | |
| | | | | |
| Dinner | | | | |
| Shake (A/B) drink before meal | | | | |
| Meatloaf | | | | |
| Ketchup | | | | |
| | | | | |
| Mashed potatoes, prepared | | | | |
| Butter | | | | |
| Green beans, canned | | | | |
| White roll | | | | |
| Oreo cookies | | | | |
| Beverage: | | | | |
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| Day 5 | | | | |
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| Meal/Food | | | | |
| Breakfast | | | | |
| Shake (A/B) drink before meal | | | | |
| Oatmeal, plain | | | | |
| Blueberries, frozen | | | | |
| Sugar | | | | |
| Butter | | | | |
| Turkey sausage | | | | |
| Beverage: | | | | |
| | | | | |
| | | | | |
| Lunch | | | | |
| Shake (A/B) drink before meal | | | | |
| Sub roll | | | | |
| Meatballs | | | | |
| Marinara sauce | | | | |
| Doritos | | | | |
| Mixed fruit, 100 calorie | | | | |
| Beverage: | | | | |
| | | | | |
| | | | | |
| Dinner | | | | |
| Shake (A/B) drink before meal | | | | |
| Turkey breast, baked | | | | |
| Macaroni and cheese | | | | |
| Lettuce | | | | |
| Kraft Italian dressing | | | | |
| Tomato, chopped | | | | |
| Cucumber, chopped | | | | |
| Breadsticks | | | | |
| Pineapple, juice packed | | | | |
| Chocolate pudding, fat-free | | | | |
| Beverage: | | | | |
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Cohort # 1 snacks

[illegible]

All other cohorts- meals

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|-------------------------------|--|--|--|--|
| Day 1 | | | | |
| | | | | |
| Meal/Food | | | | |
| Breakfast | | | | |
| Shake (A/B) drink before meal | | | | |
| Bagel | | | | |
| Cream cheese, regular | | | | |
| Jelly, regular | | | | |
| Turkey sausage | | | | |
| Banana | | | | |
| Beverage: | | | | |
| | | | | |
| | | | | |
| Lunch | | | | |
| Shake (A/B) drink before meal | | | | |
| White bread | | | | |
| Deli turkey | | | | |
| Kraft singles cheese | | | | |
| Mayonnaise, regular | | | | |
| Mustard | | | | |
| Pretzels | | | | |
| Brownie | | | | |
| Beverage: | | | | |
| | | | | |
| | | | | |
| Dinner | | | | |
| Shake (A/B) drink before meal | | | | |
| Chicken breast | | | | |
| Macaroni and cheese | | | | |
| Broccoli | | | | |
| White roll | | | | |
| Cherry mixed fruit | | | | |
| Beverage: | | | | |
| | | | | |

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|--------------------------------------|--|--|--|--|
| Day 2 | | | | |
| | | | | |
| Meal/Food | | | | |
| Breakfast | | | | |
| Shake (A/B) drink before meal | | | | |
| Boiled eggs | | | | |
| English muffin | | | | |
| Butter | | | | |
| Jelly, regular | | | | |
| Turkey bacon | | | | |
| Mandarin oranges | | | | |
| Beverage: | | | | |
| | | | | |
| | | | | |
| Lunch | | | | |
| Shake (A/B) drink before meal | | | | |
| Hamburger patty | | | | |
| Hamburger bun | | | | |
| Kraft 2% singles cheese | | | | |
| Ketchup | | | | |
| Mustard | | | | |
| Kraft light mayonnaise | | | | |
| BBQ potato chips | | | | |
| Canned pears | | | | |
| Beverage: | | | | |
| | | | | |
| | | | | |
| Dinner | | | | |
| Shake (A/B) drink before meal | | | | |
| Tilapia | | | | |
| Tartar sauce | | | | |
| English peas, frozen | | | | |
| Baked potato | | | | |
| White roll | | | | |
| Butter | | | | |
| Sour cream | | | | |
| Chocolate chips ahoy cookie | | | | |
| Beverage: | | | | |
| | | | | |

All other cohorts- meals

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| Day 3 | | | | |
| | | | | |
| Meal/Food | | | | |
| Breakfast | | | | |
| Shake (A/B) drink before meal | | | | |
| Pancakes | | | | |
| Pancake syrup | | | | |
| Promise margarine | | | | |
| Pork sausage patty | | | | |
| Blueberries | | | | |
| Beverage: | | | | |
| | | | | |
| | | | | |
| Lunch | | | | |
| Shake (A/B) drink before meal | | | | |
| Croissant | | | | |
| Chicken salad | | | | |
| Doritos | | | | |
| Diced peaches | | | | |
| Rice Krispie treat | | | | |
| Beverage: | | | | |
| | | | | |
| | | | | |
| Dinner | | | | |
| Shake (A/B) drink before meal | | | | |
| Pork roast | | | | |
| White rice | | | | |
| Butter | | | | |
| Caribbean vegetables | | | | |
| Crescent rolls | | | | |
| Edwards lemon pie | | | | |
| Beverage: | | | | |
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| Day 4 | | | | |
| | | | | |
| Meal/Food | | | | |
| Breakfast | | | | |
| Shake (A/B) drink before meal | | | | |
| Boiled eggs | | | | |
| Grits | | | | |
| Bacon | | | | |
| Butter | | | | |
| Biscuit, frozen | | | | |
| Jelly | | | | |
| Beverage: | | | | |
| | | | | |
| | | | | |
| Lunch | | | | |
| Shake (A/B) drink before meal | | | | |
| Whole wheat bread | | | | |
| Deli ham | | | | |
| Cheddar cheese slices | | | | |
| Kraft real mayonnaise | | | | |
| Mustard | | | | |
| Regular potato chips | | | | |
| Pound cake | | | | |
| Beverage: | | | | |
| | | | | |
| | | | | |
| Dinner | | | | |
| Shake (A/B) drink before meal | | | | |
| Meatloaf | | | | |
| Ketchup | | | | |
| Mashed potatoes, prepared | | | | |
| Butter | | | | |
| Green beans, canned | | | | |
| White roll | | | | |
| Oreo cookies | | | | |
| Pineapple | | | | |
| Beverage: | | | | |
| | | | | |

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| Day 5 | | | | |
| | | | | |
| Meal/Food | | | | |
| Breakfast | | | | |
| Shake (A/B) drink before meal | | | | |
| Oatmeal, plain | | | | |
| Brown sugar | | | | |
| Blueberries, frozen | | | | |
| Butter | | | | |
| Turkey sausage | | | | |
| Beverage: | | | | |
| | | | | |
| | | | | |
| Lunch | | | | |
| Shake (A/B) drink before meal | | | | |
| Sub roll | | | | |
| Meatballs | | | | |
| Marinara sauce | | | | |
| Doritos | | | | |
| Applesauce | | | | |
| Beverage: | | | | |
| | | | | |
| | | | | |
| Dinner | | | | |
| Shake (A/B) drink before meal | | | | |
| Turkey breast, baked | | | | |
| Sweet potato | | | | |
| Brown sugar | | | | |
| Butter | | | | |
| Lettuce | | | | |
| Kraft Italian dressing | | | | |
| Tomato, chopped | | | | |
| Cucumber, chopped | | | | |
| Breadsticks | | | | |
| Chocolate pudding, fat-free | | | | |
| Beverage: | | | | |
| | | | | |

All other cohorts- snacks

[illegible]